

Treatment Times

Whats New!

July/August 2009

A lot has been going on at Ironwood these past couple of months. From the new barn and gazebos down at Frye to all the resident who have graduated. The recent graduates are Ryan, Cale, Abel, Andy, Lars, Blair, Gill, Ian, Rob, Joey, and Sarah. Everyone is really excited for Tom, who just got his blue and Andrew, who just received his promotion papers for Level 4! Also Sunshine, our potbellied pig, has made her way to Frye and is sharing the barn with the new chickens!

Left: Frye Gazebo
Below: the new barn at Frye



Hillary, Sarah, Gill and Megan



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At left: the farmhouse welcoming new residents to the farm.

L to R: Lauren, Julie, Sarah, Miranda, Andrew, Nick, Abel, Rob, Blair and Andrew.

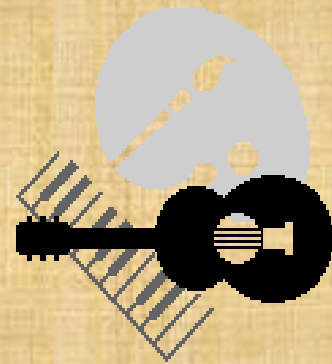
Music Mania!

by: Tom

This parent weekend's music group turned out awesome. The best part about it was that it was completely different than any music group before! Instead of having one whole group playing a single concrete song list, we had a talent show type performance. The residents who participated were Alex, Andrew Hillary, Joey, Sarah, Sam, and Tom. The first performance was the whole group singing the "Ironwood song". Then Sam, Joey and Alex performed a nice blues jam. After that Hillary and Joey performed "Leaving on a Jet Plane" by John Denver. Hillary serenaded us and Joey soothed us with his excellent playing. John Denver would have been proud. Andrew

then read a very enthusiastic poem that he wrote just for the talent show. The poem was an inspirational metaphor relating to the Ironwood journey. After that Tom performed an instrumental rock song that he wrote himself. Following Tom, there were two group songs that are all time classics. The first was "Last Kiss" by Jay Frank Wilson. It was an exceptional performance involving three guitars and singers. Following that was the climax of the talent show. The group performed "In the Jungle" from the Disney movie The Lion King, it turned out amazing. It started out just acapella, then the guitars and maracas came in, and to wrap up

the whole music group, Joey and Sam performed an excellent version of "She talks to Angels" by The Black Crows. It was a great music group that the members and audience will never forget.



Parent Weekend July 09. L to R: Andrew, Tom, Nick, Abel, Sarah Lauren, Miranda

Hillary's chocolate fudge recipe:

2 1/2 c Sugar
1/2 c Margarine or butter
2/3 c Evaporated milk
1 Jar (7 oz.) marshmallow creme
2 c Semi sweet chocolate chips
3/4 c Chopped walnuts
1 ts Vanilla

Hillary at work
on her fudge



Line 9 inch square or 13x9 inch pan with foil so that foil extends over sides of pan; butter foil. In large saucepan, combine sugar, margarine and evaporated milk. Bring to a boil over medium heat, stirring constantly. Boil 5 minutes, stirring constantly. Remove from heat. Add marshmallow creme and chocolate chips; blend until smooth. Stir in walnuts and vanilla. Pour into buttered, foil-lined pan. Cool to room temperature. Score fudge into 36-48 squares. Refrigerate until firm. Remove fudge from pan by lifting foil; remove foil from sides of fudge. Using large knife, cut through scored lines. Store in refrigerator.

Makes about 3 pounds--36-48 squares.

Staff Of The Month: Brian

by Alex.



Brian making a goofy face



Alex

Brian



Alex: How long have you been working here?

Brian: A little over 2 years

Alex: Why did you decide to work here?

Brian: Ironwood is unique in that it not only helps rebuild families, but teaches values that build better communities.

Alex: What do you like most about working at Ironwood?

Brian: I like to be able to give kids meaningful consequences. Most people look at consequences with a negative connotation when in fact realizing the consequences of a situation helps someone make healthier and safer choices.

Alex: What was your best memory at Ironwood?

Brian: Taking a kid off impact, because they are so relieved, faces turn from angry to showing a ray of hope.

Alex: Where were you born? Where have you lived ?

Brian: I was born in Massachusetts. I have lived in lots of places all over

New England and I've traveled around the country.

Alex: If you could live anywhere, where would it be? Why?

Brian: Anywhere that's peaceful and has a change in four seasons.

Alex: Who are your heroes/role models?
Brian: My dad, he has taught me more than I realized and as I get older, I see more and more of him in me.

Alex: Where did you go to college? For what?

Brian: Unity College, Maine for outdoor recreation.

Alex: What is your favorite food?

Brian: Black Coffee

Alex: What is your greatest accomplishment?

Brian: I paddled a canoe 550 miles from New York to Maine, climbed lots in the Rocky Mountains, but most importantly I have managed to keep track of my values and beliefs.

Alex: What is your favorite band?

Brian: Led Zeppelin or Muddy Waters

Alex: What are some of your hobbies?

Brian: I enjoy low impact forestry work, building my firewood pile, and pretty much anything that happens outdoors

Alex: Do you have a favorite quote or saying?

Brian: "Leadership is not about controlling others, it's about controlling yourself."

Alex: Any last words of advice?

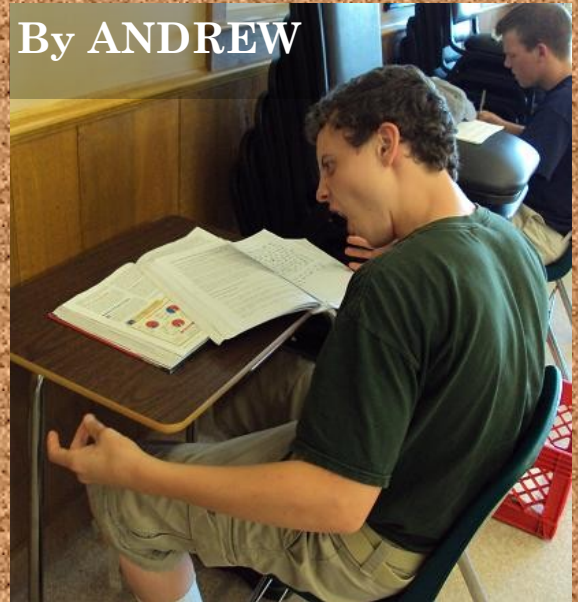
Brian: Worrying is like a rocking chair, it gives you something to do for a while but it doesn't get you anywhere.

"Leadership is not about controlling others, it's about controlling yourself."

School News

We have had a productive couple of months in school. Several people have graduated high school and everyone has made a great amount of progress. Joey, Nick, and Gaby graduated high school. Hillary finished geometry, Sarah finally finished her college psychology, Tom finished American Literature. Amanda finished American History, Geometry, and World Literature, Sam finished Biology and American Literature and Andrew finished up Algebra 2 and American Literature. Nate is working hard on math and English and Alex is finishing up his Junior year. Also, Aaron helped us out during the summer, which was much appreciated by everybody.

By ANDREW



Hillary



Joey

Field Trips

By: Andrew



Left: the Level 4 guys with Brian.

Below: the farmhouse on their field trip to Boothbay Harbor

The farmhouse went on many fun trips these past couple of months. They included whale watching in Boothbay Harbor, exploring Acadia National Park, going to Belfast park, rampaging around Fort Knox, enjoying the music at the Bangor Music festival, going to see “Oliver Twist”, visiting Lesia’s exhibition in a local art gallery by the water front, and many golf lessons. Going to Boothbay Harbor was actually my first field trip and what a fun trip it was. We hopped on Bessel (the Pink Lady), and we were off. We could barely see the shore when the Finn whales began to surface. It was very exciting; we were racing between different groups of whales and the sun was shining. After about two hours of whale watching, we headed back to shore. When we got back, Chris said it was time to eat. Before the trip we met up with a former resident Marissa and we were now about to eat at her restaurant, called Brown’s Wharf Inn where we were treated very well. We were fed tons of lobster, hamburgers, corn on the cob, french fries and pink lemonade. I must have eaten five lobsters! After the meal, we got a dish of homemade blueberry ice cream. Wow, was that a fun trip! We all gave a big thanks to Marissa and her family. Fort Knox was another great trip. We went searching through the whole fort and Blair was behind every corner, trying to scare us. He got me a couple times, but the best part was when he got Hillary and she screamed. These trips really supply some good memories and new experiences.



Above: the FH trip whale watching in Boothbay Harbor
Below: FH trip to Sand Beach at Acadia National Park



Nathan's Journey to the Farmhouse!

When I got to Ironwood I never thought the day would come that I would be going to the Farmhouse. It all happened on a Thursday. Jess came out to the fire pit and told me that I had some mail. She handed me a piece of paper with my name on it, and when I opened it and saw "Level 3" at the top of the page I was so happy. The next Thursday I presented my speech in front of the Treatment Team. That night Jess asked me to pack my stuff so I did, and I started my journey to the Farmhouse.

I had to take all my stuff with me and it was very hard to carry up the Graduation Trail, but once my mentor Joey saw me, he ran down and helped me carry everything. He helped me a lot at the Farmhouse as far as getting used to how things go.

NATHAN.



NATHAN
and JOEY.



Audrey's Journey to the Farmhouse

AUDREY up at the Farmhouse



My journey to the Farmhouse was difficult but worth it. The hardest thing about it was not only pushing myself but trying to figure out why I needed to push myself. When I was orange I couldn't see myself going anywhere in this program. I couldn't even see myself waking up in the morning and getting out of bed, but there was something in the back of my head that I could do anything if I put my mind to it. I began to work hard and I put as much effort as I could into everything I did. Soon when I was purple I really needed to work on my emotions. I retrained them and even though I got stuck a couple of times. I always picked myself back up. Before I knew it, I got my papers. A couple weeks later, I was walking that graduation trail with pride, and I will continue to keep walking with pride.

Barn Business!

THEO the donkey.



The Frye barn is just about finished and pretty soon Lacey, Jitterbug, and Theo (The Mini's) will be headed down there. Charlie and Sunshine are also going to be roommates. They didn't get along very well the last time they met so hopefully they will learn to like each other more this time around. In other barn news our rescued horse, Charity, is doing awesome. She has gained about 200 pounds already!

Recent graduate Blair came back on September 19th to ride Rocky in a show on the 20th. Riding lessons are going well. Hillary's jumping, and Sarahanne's cantering! Nathan rode Frankie, making it the first time he ever rode a horse. He did an awesome job!

Everyone's favorite little horse Napoleon, is doing great and spends his days sunbathing out in the field with the other horses. Overall, the barn's running smoothly thanks to the hard work of the residents and with the help of our barn manager Kristy!



CHARITY.



CAZ and JUSTIN grazing



Left: our new mini-horse Napoleon.



Right: Lacey rolling on the ground.

Resident of the Month

Alex!

By: Sarah

Sarah: Where are you from?

Alex: Glastonbury, Connecticut.

Sarah: How does it feel that residents and staff voted you resident of the month?

Alex: it feels good to be recognized by my fellow staff and peers.

Sarah: How long have you been here?

Alex: Four months, no three, yes four months.

Sarah: What has been your biggest change?

Alex: My biggest change has defiantly been in being more open and talking more.

Sarah: Do you play any sports or instruments?

Alex: Yes, I play guitar and I skateboard.

Sarah: Why do you think you are resident of the month?

Alex: I think I am resident of the month because I get along with people here very well.

Sarah: Sam wants to know what makes you so special Alex?

Alex: Because everyone is born a unique person. And because I am a moon man.

Sarah: Who do you look up to the most and why?

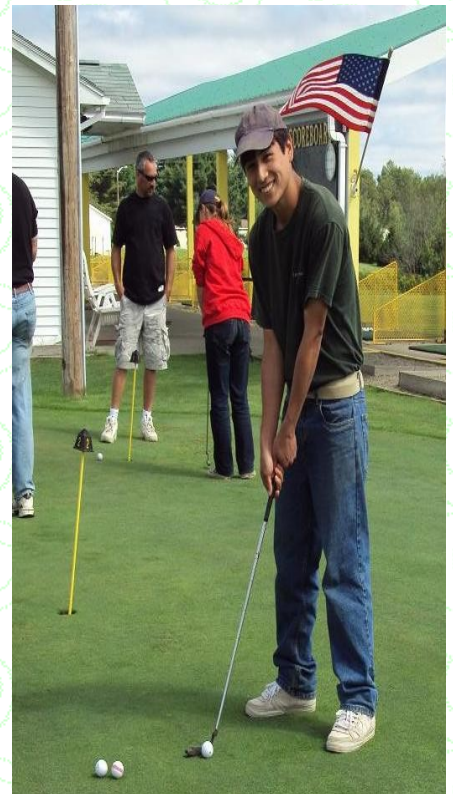
Alex: My dad because he was a successful individual.

Sarah: What's your favorite part about being at ironwood?

Alex: My favorite part about being at ironwood is getting to get back on track and really think about what I want to do in my life. and also getting to meet new people.

Sarah: Who is the coolest person you ever met?

Alex: Probably my friend Joe since he has always been there for me and we understand each other.



ALEX playing golf.



ALEX up at the Farmhouse.

PICTURES!!!

HILLARY



BELFAST BRIDGE



Lesia's art exhibition in Belfast.

L to R: Andy, Abel, Rob, Lauren, Lars, Ian, Sarah, Miranda and Julie



CHARLIE the new pig



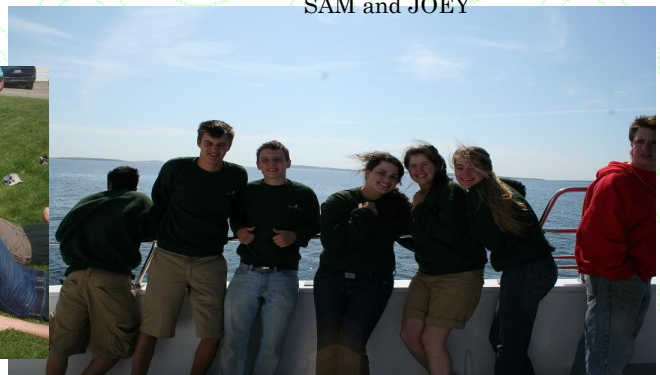
SAM and JOEY



GABY



GROUP INITIATIVES



WHALE WATCHING

Letter from the Editor

SARAHANNE

My name is **Sarahanne**. I'm seventeen years old and I live in North Carolina. I've been at Ironwood for eight months. My favorite colors are green, rainbow, and neon. Working on the Treatment Times was really fun for me because I love designing and editing. Although it was stressful, I was lucky to have Hillary to help me with it the whole way. Thanks to everyone who helped with the articles. It came out great after all!



SARAHANNE+ HILLARY



SARAHANNE+ HILLARY

Letter From The Editor

HILLARY



My name is Hillary. I live in Dallas, TX and am 17 years old. I have been at Ironwood for 14 months. Working on the Treatment Times was very interesting and fun, although I have to give Sarahanne a lot of credit cause she did most of the work. However I am really happy that I had to opportunity to work on it, and it was an awesome challenge.



GETTING ICE CREAM AT SCOOPS.
L to R: Gill, Hillary, Megan, Sarah.



HILLARY